

DISCUSSION OF TECHNICAL FACTORS

INTRODUCTION: This is Robert Monroe with another tape report from our Explorer files. TC is the reporter in this case with excerpts from several sessions. TC is the Explorer who is unable to communicate while in the out-of-body state. Therefore he returns periodically to his physical body so he can speak. Here is a series of such reports.

MONROE: Try moving out in the 3 o'clock direction to your right, as you remember, and move along the line and see what contact and communication you follow or approach, what you find, and then, after suitable contact or communication, come back and report. (Time lapse: 3 minutes.)

EXPLORER (TC): Ok... not having much success establishing meaningful communication. A great deal of not very meaningful things have happened. Upon going up to the right, as suggested, I went by the same space as described earlier with the Virginia-type country-side, went right on by, further out, and kept going and got to a place where there seemed to be two big, roundish... almost like big boulders. Out in that area, the pulsations started to get much stronger, and as long as my consciousness stayed there the pulsations were very strong. No cognitive kind of communication could be made, though. It just seemed like an anomolous piece of space and I couldn't get any conceptual or verbal information.

I then tried to re-establish contact with sources of last Tuesday and seemed to have flickering successes, on and off.

I would for a few seconds make a contact, and then it would disappear. I would find myself back here and would go off to the right again, and a little flicker of communications would start—not necessarily with the same sources as of last Tuesday, but just some sort of communication would start. Then, a few words or sentences, a few ideas, would come across, and then I would be back here again—it didn't seem to be very steady. After having made numerous attempts I thought a long enough time had gone by so I came back to report.

MONROE: Very good. Now, start at the 12 o'clock spot, directly over where your physical head might be, and begin moving down from 12, around to 1 and 2 and 3, down to the right—very slowly—and think in your mind that you desire communication with sources who have knowledge of the planet Earth. And if you make communication and establish contact, then determine what you can and then report. (*Time lapse: 4 minutes, 10 seconds.*)

EXPLORER: After much searching I have found a source willing to communicate who does have some knowledge of Earth. It is very quiet out here today, for some reason almost like a holiday... everyone is gone.

I did find one source and I asked him if he could provide information of some sort of device, some sort of technical thing that would enable me to demonstrate the efficacy of such communication, and he wasn't too interested in that idea. He said: «If it is devices you want, then go and study your own science. You come here to learn about things in this reality or this realm—if you want devices, you go study your own textbooks...»

Essentially, I then said: «Well, such a device would carry a great deal of influence and weight in convincing others of the validity of this communication.» His reply was that he really wasn't concerned with convincing others of anything, that he really had no need or desire to convince anyone of anything —that really wasn't his thing. Then he asked me what else I would like to know, so I came back to report to let you have that question.

MONROE: Very good. Ask him, first of all, why it is so quiet where you have been exploring, and second, ask him if he has ever been in physical existence on the planet Earth. If not, what is his source, his origin. Third, ask some of the fundamental laws and rules that exist in his reality, and what they are. Try those three and then report. (*Time lapse: 3 minutes 22 seconds.*)

EXPLORER: I was not able to re-establish contact with that particular entity, which was very unusual, although I had somewhat of a feeling that there may be a difficulty when I left...

I've been experiencing other things: a black line almost seems to be going back and forth in front of my vision. For a while my body would sometimes be upside down, or sometimes standing on my head. It would lose all sense of physical orientation. Other things like that have been going on, from time to time...

I seemed to run into another source or two while I was out there, and tried to take advantage of the same three questions, but nothing really meaningful... the conversations were pretty dull... I would ask why things were so quiet and

the answer would be:

—«Quiet?! It's quiet?!

and I would say:

—«Yes.. why am I having so much trouble establishing any kind of communication?

—«Your're having trouble?!

...so I couldn't seem to get any satisfaction. Then I'd say:

—«Well, do you know of the Earth?

—«Yes, I heard of it...

and I'd say:

—«Well, are you from the Earth?

—«No!

I'd say:

—«Well, where are you from?

—«Oh... just here...

—«What do you do?

—«I'm just here...»

I almost got the impression that this entity just floats around, bumping into other intelligences occasionally and holding some communication now and then, but mostly kind of just floats around doing mostly nothing. That's just an example of what I mean when I say «I'm not in very interesting communications.» So I pretty just ignore that and go on to something else, and that has been the nature of all the communications today: not very meaningful, not very informed sources —when I can find a source at all...

MONROE: TC is now trying the elation process, in one step...

EXPLORER: Expanding in physical space or physical-like space is different from expanding in mental space, the main difference being an object with which you have reference to, in this case the Earth...

I tried expanding in two different ways. The first couple of times, I expanded one-dimensionally —that is, along a line and a particular direction, like backing away from the Earth, like growing larger and larger, but leaving and expanding away from the Earth in a direction along a line, along a radial from the Earth. I did this several times. The first time, as I got further and further away the Earth tended to disappear among other heavenly bodies; first the solar system, then the sun, and so on, would tend to get smaller.

I felt a gut reaction to keep track of myself where I was, in case I would get lost and not be able to find my way back, but realized that that was kind of silly and that I would always be where I am. I did this a couple of times, trying not to have that reaction of worrying about getting lost, and was able to suppress that or conquer it, and moved away back off until the Earth and the solar system, even the galaxy, were indistinguishable.

It seems the compression, the returning, the shrinking, is a faster process than the backing-up. It almost goes automatically; you just relax the will to expand, and you just kind of get reeled right on in. Like letting go of a wind-up vacuum cleaner cord; it just pulls you right in.

The second way of expanding was more interesting for what it did to the mind. I expanded two-dimensionally, that is, instead of expanding along a line, expanding as a surface,

a spherical surface if you like, expanding away from the Earth... the Earth being at the center of the sphere... and the concentric spherical surface expanding in all directions at the same time away from the Earth, the Earth being the center or the origin... and expanding spherically in all directions away from the Earth's center, was somehow a more interesting experience. End of report.

*MONROE: And here is an excerpt from the following session with TC.*

EXPLORER (TC): I have done some exploring. First, just general exploring in 12: loss of body consciousness... I seemed to be traveling backwards, seemed to change orientation... feet were up, head was down. These changing orientations soon kind of stabilized... in kind of an upside-down position. I then went on to communicate and seemed to find the source of last Tuesday a week ago, source to which I was lured—at least I believe it to be the same...

I asked several questions. Strangely enough, whenever I asked why it was so silent last Tuesday I just drew a blank. It's not really a blank like «I don't know,» it's more of a blank like «I'm not telling.» But I'd never get an answer of any sort. If they didn't know I would at least expect to get an «I don't know». But I draw a complete blank.

I asked for technical information—technical or scientific information—on how we might be better able to control or manipulate energy, the kind of energy that we are utilizing in these communications, or any kind of energy system other than those with which we are familiar. And it was very

definite that such manipulations and such energy systems can be manipulated for power uses, for everyday uses, but the difficulty in transferring that information seems to be the method of communication.

I was shown a blackboard drawing or schematic, but the detail was fuzzy and not to the degree of clarity necessary to actually build from it. The source went on to explain that this is the nature of the communication, that it is conceptual in nature, and that technical detail is very difficult to translate conceptually. The source added that I could see the drawings of such a device only as a representation of drawings. The idea that such drawings exist and could be moved is the concept given to me. Then I see like a visual image of such drawings, but that is a far cry from giving actual schematics or engineering drawings with the detail necessary for such a device to be built. So the basic nature of this telepathic, conceptual-type communication seems to be a barrier to passing quite specific information. I don't really understand in my own mind exactly why this is so, but that seems to be the general jest of what was said.

But when I said: «Well, you know, what do you want to tell me? deliver a message,» I didn't really get the feeling that he was there to instruct like a professor —or at least, if he was, he didn't seem to take the opportunity to do so. It seems to be more that the sources are there for us to query, rather than for them to deliver a packaged information to us.

MONROE: Very good. Why don't you try to come back to this source and inquire of him, from his position, his overview, what he can perceive of the planet Earth in its geological

issues, from now as we measure time, and during the next ten to twelve years as we measure time, and see what his response is. (*Time lapse: 2 minutes 55 seconds.*)

EXPLORER: Recontacted the source and asked the source about his vantage point or his perspective, and asked him if he was familiar with Earth, and he replied: «Yes, that's my territory.»... I got the impression that Earth was sort of his assigned beat. I also got the idea that he and other entities ...other intelligences, are made available to us, to help us maximize or get through our Earth experience... I don't mean «get through» like «get it over with», I just mean to help us get as much out of it as possible. They are there as explainers, and are particularly assigned to... like Earth duty.

I then asked about geological conditions in the next year, and he picked that data up from my mind and knew that that's what I was thinking about. And his reaction was: «I didn't know that information was available», and kind of got the idea that he was surprised that this information had been released... End of report.

MONROE: *Here is TC again with a report from another session.*

EXPLORER: This seems to be my night for jumping off of buildings. After going to 10 (*Focus 10*) I found myself on top of the parking garage in Charlottesville —getting up on the edge and leaping off, whereupon I found it quite easy to fly. At first, it seemed to be daylight in Charlottesville —I don't know whether I was behind time or ahead of time— it was a nice, sunny day, but I desired to get the present time, in which case it suddenly turned night. I went home by



following the streets so I wouldn't have so much trouble locating the house from above... went into the house through the roof... (*tape here is cut; presumably the missing words are «my wife»*) ... was in bed. I tried to communicate with her and manifest my presence. She was sleeping, then I tried to work on her health, gave her some green energy, and then, sort of a dual presence started to creep back into my mind, where I was also aware that I was «here» as well as «there».

Then the scenery changed. I was in some kind of building, some sort of structure. I seemed to be moving through them. All of a sudden I came to the edge, again like a balcony, went right on over the edge and started to fly again... This time I settled down in what seemed to be a... maybe an art gallery or a museum, except that I was inside a big modern art exhibit, three-dimensional, and I ended up inside of it, stepped through it and walked on into this area. Nothing much seemed to be going on, so I thought I would come back and report.

MONROE: Think of the colours blue, green and purple in any pattern that seems to develop for you, and as that pattern develops move through it, experience what you can, and come back and report. (*Time laspe is inaudible on tape.*)

EXPLORER: I visualized blue, green and purple in many different shapes and patterns at first. They would stay only a fraction of a second and then be replaced by other patterns; particularly green triangles, blue circles, and purple rectangles.

The pattern that persisted the most was what I would describe as a marble, swirling kind of pattern, with the blue and the

green and the purple kind of mixed like the swirls in a piece of marble, and maybe oil and water.... I moved through these colours, and the first two or three times I didn't experience anything at all. Next time I went through I entered on the other side of the colour in what seemed to be a city. It was a very large, rectangular city. After thinking for a while about how I might describe it I thought that its bulk and heaviness reminded me of the kind of structure you find in Washington DC in the area where all the government buildings are —not old buildings, but big, immense buildings, concrete and marble-like, imposing structures. I then came back and went back again a few times and then decided to report.

End of report.

MONROE: Very good. Now, go through the same pattern and look for an intelligent contact or communication. (*Time lapse: 3 minutes, 22 seconds.*)

EXPLORER: I seemed to have some difficulty this time keeping my mind focused where I wanted it to be focused. I would all of a sudden be in some place or have some kind of very clear and stark visual imagery, and then I would realize that I wasn't doing what I wanted to do. Then, I would all of a sudden be back here and I would start off again, and end up some place other than where I was trying to go. I came back here, and after doing that maybe six or seven times I was successful in going back through the colours.

A strange thing happened, though. As I was thinking over and over in my mind the colours blue, green and purple, after I finished saying «purple», a voice said to me: «and red.» And I'd say: «blue, green, purple,» and the voice would say again: «and red.» So red got added to my list of colours.

Then I saw the colours as stripes, mostly horizontal kind of stripes, and red was in there with the rest of them.

I tried to get more out of that particular intelligence, and when I did I got a very clear picture of a man, of a face, kind of a large, stretchy mouth... I don't know just quite how to describe him... He reminds me of a professor in physics at university; an unusual mouth with funny, thick lips... but I didn't seem to be able to get much conversation going. I kind of had the feeling that it would have been very helpful for me to have a particular avenue to investigate rather than just wait for him to bring up the subject. End of report.

MONROE: Is it possible for you to go and recontact him?

EXPLORER: Well, I expect so...

MONROE: Then, go ask the question: what relationship does he have to any of our activities? The second question is: how can he help our activities? Third question: does he have any direct relationship with any of us? (*Time lapse: 4:12.*)

EXPLORER: This time the return trip was very easy. Part of what was giving me trouble before was that when I would come back and report, my eyes would begin to burn; then, when I would stop reporting and go back, my eyes would stop burning. This happened the first few times and it took maybe five minutes or so after the reporting had stopped, for the eyes to stop burning, but this phenomenon seemed to have stopped so without the eye-burning distraction.

I was able to go back to that source without difficulty. The source seemed to be very familiar with us —I guess «us» at

the lab. This was not the usual kind of source that I run into; it seemed to be just passing through, like bumping into a stranger on the street. In the very beginning, as you were still asking the questions, the contact was being made. And it was that immediate and it was very strong.

He seems to be a person —or an entity— whose ordinary work is helping people, helping human beings, by working with the subconscious. He works on a subconscious level with people. I'm not sure exactly what he does, but I kind of had the idea that he would maybe impart suggestions... getting people's subconscious working towards solutions to problems, and he has taken on this work using us at the lab...

The reason I am faltering here is because I have a very strong sensation of being on two levels at the same time... like my body is above myself and below myself at the same time. It is such a strange sensation that it is kind of hard to ignore it. I can't even explain it very well... but a very weird, spatial thing.

He seems to have taken us like on a side project. Sort of a pet project to see if he couldn't aid in the development of consciousness-awareness. It's sort of like a special project for him, to help us become aware of our consciousness and the nature of our consciousness. The thing that we can do to aid in this process, of course, is just logging more time, more hours, more practice, and exploring the consciousness in a regular ... «methodical» I guess is the word... in a methodical way, regularly. Somehow, just the number of hours, or the amount of time spent in the process seems to be important or very fruitful. End of report.

MONROE: Very good. Do you feel that you could make one more contact with him?

EXPLORER: Yes.

MONROE: Go, then, and ask about the various levels of human existence here, in this physical life and immediately thereafter. Ask him if he would identify the levels by numbers and give a meaning thereof... (*Time lapse: 5:06.*)

EXPLORER: I didn't really understand the question, but I heard what you said quite clearly, so I thought maybe the source would understand the question. I put the question to the source about the levels of humanity, numbers—and I guess what the numbers meant, or what the different classes were—and I received a reply that goes something like this: the levels seems to relate to the extent to which a person is aware of the nature of their consciousness.

The first level would be those who are unconscious of their consciousness. I guess we would almost tend to think of them as primitive-type people, although not necessarily «primitive» in a cultural sense... a person who was mainly instinctual, who acted on gut-reaction. The second level would be a person who was aware of his subconscious—or unconsciously aware of the subconscious, if that makes any sense—and the third and last level would be that group that was aware of other levels of consciousness or consciously aware of the subconscious. And there are all, of course, gradations in between... There's really an infinite number of levels, since it's a continuum between these three, the three just being stereotypes.

As far as immediately after death is concerned the source seemed to indicate something that was a little surprising to me. I had always had the impression from *Seth* that, after death, when joining the over-entity, a person sort of regains a great deal more of wisdom and vision than it had had when on Earth. But the source seemed to indicate that that wasn't true, that the persons in the first class—one of the class of ignorance about their own consciousness, or unawareness of their consciousness—really maintain their individual personality, and therefore can only be given the rudiments of what was going on. They would only vaguely grasp the nature of existence before going into another incarnation.

The one that was more aware would then be also more aware after death of what was going on, of the nature of existence, and the nature of the learning process taking place on Earth. The one that was more conscious, of course, would be the most aware after death, so it seems like you carry over your level of awareness that you had before death after death. At least that was the answer I got...

Oh... another thing was that as soon as I went back and re-established contact I was reminded that there was something that I should have reported last time that I didn't, and that is: when asked what we could do besides telling me that logging more hours was useful, he said the idea of the colour pattern was very helpful. When we visualize the purple and the blue and the green, this is like a signal to him that we are making an effort to affect communications, and it isn't like there is anything particularly magic about those particular colours other than it is just a good signal that he can notice... I forgot to say that the last time...

Another interesting thing was that his form changed this time, although the thick lips remained. All of a sudden, very close to me in front of me... was this huge figure, almost like a Polynesian totem-type idol, very large figure with, again, the thick lips, although the form had changed, and I definitely had the feeling it was the same entity. End of report.

MONROE: Very good. One final thing: do you feel it is possible for this source to speak directly to me through you, and would you permit this?

EXPLORER: Yes, it seems within the ability of this entity to talk through me. In other words it is a possibility. It does not seem to be very practical right now, because of the nature of my consciousness —the nature or the awareness— it doesn't seem the match or the fit, or the synchronization, or whatever. Maybe the intensity of identification isn't yet such that this could be done very easily now. It could be developed with further communications...

MONROE: Very good. Offer your thanks for the communication and the appreciation for this cooperation, and tell him that we will return again to signal him for such communication.

END OF RECORDING

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